

# Things to Interest Our Woman Readers

## Recipes for Breakfast

"Take care of breakfast and dinner will take care of itself," is a paraphrase that isn't quite true. But it is true that if breakfast is well-served and a cheery meal, the other meals are sure to be well-served and cheery.

In some respects, breakfast may be looked upon as the most important meal of the day, for I believe it exercises more influence over the day's work than any of the other meals. In many houses it is impossible to prepare elaborate dishes before breakfast, but there are a number of excellent dishes which can be heated up without detriment to their appearance or taste.

### Savory Patties.

Four ounces of veal cooked, four ounces of boiled ham, one hard cooked egg, four fried mushrooms, one gill of chick sauce, salt and pepper a dust of nutmeg, and about three-quarters of a pound of any kind of pastry. Chop the veal, ham, eggs, and mushrooms into small dice; mix them all together, then add the sauce, nutmeg, and salt and pepper to taste. Roll the pastry out and stamp it into rounds a size larger than the patties. Grease the tins slightly, line each with a round of pastry, put in a heap of the mixture, brush the edges of a second round of pastry, place it over the mixture, pressing the edges of pastry together. Decorate each with a few tiny leaves of pastry. Brush the tops of the patties, but not the edges, with a beaten egg, and bake them in a quick oven for twenty-five minutes.

### Haddock and Tomatoes.

One medium sized dried haddock, one ounce of butter, one onion, three large tomatoes, pepper. Remove all the flesh from the haddock, taking care to remove the bones also. Peel and slice the onion, thinly, and slice the tomatoes. Melt the butter in saucepan, put in the onion, and fry it a pale brown, then add the sliced tomatoes. Now add the fish and pepper to taste. Stir the mixture over the fire for a few minutes, then pile it up in a hot dish, sprinkle over a little chopped parsley, and serve it very hot.

### Hunter's Cutlets.

Slices of cold meat of any kind, one pound of cooked potatoes, one ounce of butter, salt, and pepper, one egg, and some bread crumbs. Cut the meat into neat kite-shaped pieces—you will require eight or ten pieces. Mash the potatoes finely or rub them through a sieve. Melt the butter in a pan, add the potatoes with salt and pepper to taste, then stir the mixture over the fire until it is thoroughly mixed. Now cover each piece of meat with some potatoes. Smooth it evenly over, and make it, as much as possible, the shape of a lobster cutlet. Brush each cutlet over with beaten egg, then coat it with crumbs; repeat this egg and crumbing. Have ready a deep pan of smoking hot fat, fry the cutlet a golden brown, and drain them on paper. Put a piece of macaroni into the end of each cutlet to represent the bone. Serve very hot, garnish with fried parsley.

### Eggs With Green Sauce.

Six neatly poached eggs, six squares of buttered toast, a few drops of anchovy sauce, half a pint of white sauce, two ounces of tarragon and chervil leaves, parsley, chives and watercress. Wash the leaves carefully, then pound them together in a mortar, adding to them a few drops of anchovy sauce. Next rub the mixture through a sieve, and add to it the white sauce, stirring it over the fire till both are well mixed. Arrange each egg on a piece of toast and pour a little sauce over. Serve them neatly arranged on a hot dish.

### Rice Pilau.

One pint of stock, six ounces of rice, one small onion, two cloves, two teaspoonfuls of curry powder, having first mixed it smoothly with a little cold water.

Let it simmer slowly until the rice is soft and has soaked up the stock. If necessary, add more stock. When the rice is soft, add the butter and a little salt, and mixed well. Make the mixture very hot, pile it up in a hot dish, shell the eggs, cut them in halves lengthwise, and arrange them in a border round.

### Ham Omelet.

Three eggs, one tablespoonful of butter, half a teaspoonful of salt, a good dust of pepper, two tablespoonfuls of chopped ham. Break the eggs into a basin, add the salt and pepper, whisk them lightly together, then add the ham. Heat the omelet pan, put in the butter and let it get very hot, then pour in the contents of the basin, stirring immediately with a wooden spoon. When it is beginning to get tip the pan up towards you, scrape all the mixture towards the handle of the pan, shape it a little with the

spoon, then in about ten seconds roll it over to the opposite side of the pan and let the outside of the pan set and become pale brown. The inside should be of soft creamy consistency.

### Neapolitan Salad.

To one pint of neufchatel or Philadelphia cream cheese add a little thick cream to moisten and half cupful of chopped olives. Press into a plain mold and when very cold, slice; serve on lettuce or dress with a French dressing made of one-half cup of olive oil, three tablespoonfuls of tarragon vinegar, salt, parika, onion juice and worcestershire sauce.

## BEWARE THE "HANGER-ON."

A woman who has spent many years in travel, especially in Europe, says one of the annoyances to be reckoned with is the hanger-on. You meet at hotel or pension an agreeable person, who seems to have no definite plans. You may join forces for an excursion in the neighborhood and almost before you know it she has proposed to go with you to the next place on your itinerary.

One party of mother and daughter was tied to one small town for weeks because a hanger-on became too ill to travel. They had no actual tie with her. She had in a way almost forced herself on their party, yet common humanity would not permit them to leave her ill in a small Austrian city.

The elderly woman of some means, who likes to keep on the "go" but does not care where, is particularly liable to become a hanger-on. If she has good manners, and your party is an uneven number, there seems no real reason why she should not go with you to the next stopping place. The precedent once established, your whole trip may be ruined by an uncongenial companion.

The globe-trotter who spoke of this menace says so real is it that she has learned never to have plans, or, having them, never to speak of them before strangers.

This may seem a somewhat selfish attitude. Often delightful companions, even friends, are made by joining forces in traveling, but on the whole it is safer to be independent to form an attachment that may prove irksome and will cause trouble to break.

## TO CLEAN MATTRESS.

A clean mattress is more than the sign of a good housekeeper; it is an essential to good health.

Even clean sheets will not keep a sensitive person from shrinking at the thought of sleeping in a bed if the mattress is soiled. There is little excuse for dust if care be taken. Every mattress should have a cover of unbleached muslin that buttons on and can be washed frequently. Those for a large double bed are made in two parts and should be turned every day, not always in the same direction, however, but in various ways so that no uncomfortable ridge will form from sleeping constantly on one side of the bed.

In case of sickness spread a piece of rubber sheeting over the mattress for protection. In an emergency folded newspapers serve as a good substitute. The easiest way to clean a mattress is with a vacuum cleaner; but failing this, the best method is to lay a slightly dampened sheet over the mattress and beat it thoroughly with a wicker furniture beater, turn and repeat on the opposite side. The damp sheet catches all the loose dust. Sun your mattresses as often as you conveniently can. Put them out on the porch roof in the hot sun or near a window where the sun's direct rays will fall upon them.

This will keep them fresh and clean and will help to prolong their lives.

## COOKING TURNIPS.

Turnips that are too small to pare and slice economically before cooking may be utilized by boiling whole in their jackets. When done the skin may be rubbed off with the hand the same as beets. By this method the economical housewife is able to use turnips that otherwise would go to the cattle. Those who have tried this way with turnips say that the small turnips are sweeter and have a better flavor when so treated than the larger ones cooked in the usual way.

## WHITE GAITERS ARE WORN.

The woman who has pumps and does not wish to get high shoes until late in the winter can now use her cloth gaiters and be very much in style. White ones are quite the fashion, and their rivals are pearl gray. These are worn with the black shoes with all kinds of gowns that are short and for the street.



LEARN TO LIVE.

Vacation is over, and Katharine has returned to her work feeling fine. She is rested. She has had a good time. She is overflowing with vitality and high spirits. Work goes easily. She feels as if she could move mountains. But next spring Katharine will be all worn out. She won't have a grain of energy. Work will be a drag. She will be taking tonics to spur up an appetite. Life will seem hardly worth living.

And Katharine is no exception. Thousands of business girls have the same experience. So also do thousands of business men. It likewise is the experience of the busy housekeeper and mother. What is the cause of it? What has happened in these six or eight months to drain this overflowing vitality until it sinks almost to the zero point?

Many things cause it, but the real cause back of them all seems to be that we do not know how to live. We know many things in this wonderful age. But looking about us at our full hospitals, at the ever-increasing number of doctors' signs, at apothecaries' shelves with boxes and bottles, it does seem as if we do not know how to live.

If you stop to think of it, how did all the hundreds of diseases from which we suffer come about? Undoubtedly through ignorance in some form. If, as some claim, disease comes through the mind, it is lack of understanding that permits their mental entrance. The old Hindus claim that perfection of knowledge will cure all ills. And so whether our troubles are spiritual, mental or physical, ignorance seems to lie at the root of them. We do not know how to live.

One of our great fields of ignorance in the art of right living is food. Wrong eating is one of the chief causes of our physical ills. Again, sometimes we know, but fail to do. But whether it is ignorance or indifference, the result is the same—disease fastens itself upon us. One must both know and do.

The business man or woman usually starts digestive troubles by bolting his breakfast. It seems a little matter, no harm seems done at first, and the practice is continued. The ill effects are helped along by a hurried or injudicious lunch. After a month or two of this, the one who has returned from vacation feeling fine, begins to feel languid, tired. There is no energy. The appetite begins to fail. Many things are blamed, principally overwork; when very often the chief cause of the

trouble is dietetic.

Certain laws of chemistry underlie the food question, and there is no escaping the ill effects if these laws are broken. Yet the majority of us go gayly on our way, as if there were no such laws. For instance, most of us break one of these laws every morning in the eating of our oatmeal. Oatmeal and most of the cereals served for breakfast are composed largely of starch. The digestion of starch begins in the mouth. But starch is not digested in the stomach. These cereals therefore should be thoroughly chewed, so that the saliva may mix with them, and start the digestive operation. But nearly every one swallows his oatmeal without chewing, and it lies, a heavy, undigested mass in the stomach, until the poor, overworked stomach can get up energy to pass it on.

Chewing is necessary quite as much for the proper admixture of saliva with food, as for breaking it up into small particles. When food is bolted or swallowed without the proper mastication, it acts in many ways as a poison. It must be remembered that the stomach, as some one has said, has no teeth, and if food gets by the teeth without their having done their proper work, trouble is surely going to ensue.

It seems a very simple thing to chew our food. And yet we simply don't do it. We eat without chewing and then take a pill or a tonic to help our digestion. We certainly do not know how to live.

Not only does food need to be chewed, but liquids need to be sipped. Their ingredients need to be mixed with the saliva the same as more solid food.

And not only does chewing and sipping properly start the work of digestion, but it stimulates the sense of taste. This causes the gastric juice to flow in the stomach, and thus the stomach is prepared to digest the food when it reaches it.

So you see, there is a close connection among all these operations of digestion. And when one is not performed properly, the rest is thrown out of gear.

If one's time for eating is short, it is better to eat little and eat it properly, than to bolt a lot hurriedly. Eating properly is one of the signposts on the road to good health, and those who want to retain the vitality they have stored up this summer should take heed of this little guide-book as they shoulder their burden of winter work.

## Housewife Suggestions

Keep a few pieces of camphor gum in your linen closet; it will aid in keeping the linen white.

If fish is wrapped well in oiled paper it will not impart a flavor or odor to other foodstuffs in the refrigerator.

In making a baked custard, warm the milk before adding the eggs and there will be less danger of the dessert turning watery.

Curried rice is improved in flavor by boiling a minced pepper with the rice. A small onion and a tomato may also be added.

The color of almost any washing material may be set by soaking it in water to which a spoonful of ox gall has been added to each gallon of water.

Don't throw away the half burned pieces of wax candles; tie them up in small squares of thin cloth and use as ironing wax. They are excellent.

An olive oil bath is very fine for a palm or fern. Put two tablespoonfuls at the roots of your palm or fern and you have no idea—unless you have tried it—what the improvement will be.

Mice object to camphor, which if put in places frequented by them will drive them away completely.

Grease on a wall can be generally eradicated by covering them with clean blotting paper, and then passing a warm iron over it.

Wooden bedsteads are again the fashion. They should be wiped over every three months with turpentine to keep them perfectly clean.

An eiderdown quilt may be washed in a lather. Kink it carefully and then shake it well before hanging out

in the wind. While drying, shake several times and it will be like new.

Kerosene rubbed on with a soft cloth will clean zinc perfectly. Kerosene or gasoline applied with a cloth will also remove all grease marks from porcelain basins and bathtubs. Rinse well with very hot water.

White enameled furniture will clean perfectly, and only needs care. Rub all very dirty marks with a flannel dipped in methylated spirits and wipe dry. Next wash the furniture with soap and warm water. Do not use soda or any kind of scouring soap. Dry carefully and then rub with a flannel dipped in whiting and polish with a leather.

## SLASHED HEMS IN NARROW SKIRTS.

Skirts continue to be cut rather narrow, in spite of all rumor to the contrary. The new slashed hem, however, has removed one of the greatest difficulties of the extremely narrow skirt, giving a much-desired freedom in walking that sensible American women insist upon having in spite of fashion's edicts. In its modified form the slashed skirt is entirely practical, as the slash is not apparent except when the wearer is in motion, when a pleated under-section of the material is revealed.—Harper's Bazar.

## CHECKED FABRICS.

There is again a strong effort made to bring in checks and plain materials in combination for coat suits. There are skirts made with deep lower parts of black and white or blue and white, and this is repeated in a deep reverse and turnover cuffs on the coat.

## Paper Bag Cooking

Consul General Griffiths, in "Consular Trade Reports," says: Demonstrations of paper-bag cooking have been given in London for some time, and are still attracting considerable attention. Cooking in paper is not a recent invention, but never before has it been applied as systematically as in the present series of experiments.

Cooking bags of various sizes, made of specially prepared waterproof, sterilized paper, are on sale in London. One make of bags, which is apparently the most popular, is placed on the market at prices ranging from 66 cents a hundred for bags 6 1/2 x 4 1/2 inches to \$2.06 a hundred for size 18 1/4 x 11 1/4 inches. While some of the demonstrators insist that a specially-devised oven is required to secure the best results, others state that it is not necessary and that the ordinary kitchen stove or range is just as serviceable. A demonstration of paper-bag cookery was given recently before a large number of teachers employed in the London schools.

The proprietor of one of the largest restaurants in London, in speaking of the use of the paper bag in cooking, says that it is a preventive of the congregation of microbes. In many homes the dishes and pans lie about for hours on tables and dressers without being cleaned. The result is that microbes are drawn to the grease and are not easily exterminated. Under the new system cleanliness is assured. The microbe has no resting place. The clean bag is at hand. When done with it can be thrown into the fire. It secures a clean kitchen for the homes of the people. Moreover, the nutritive properties are maintained, while there is no waste.

A considerable saving is effected through the use of the paper bag. All roasted meats cooked in the ordinary way lose, it is stated, about four ounces to each pound. There is also a loss when meats are boiled, and a perceptible though smaller loss when they are braised. In paper-bag cookery the broad claim is put forth that there is practically no loss. The saving in fuel, whether coal, gas or electricity is used, amounts, according to

the estimates of the advocates of paper-bag cookery, to at least 40 per cent, for the reason that much less time is required to cook the food than in the old way.

Special stress is laid upon the advantages of the new method for people who have small houses and employ only a few servants or no servants at all, because it is said that anyone can cook in paper bags, if ordinary care is taken, and that little special instruction is necessary. Fish, flesh, game, poultry, etc., may all be cooked together in one oven without the use of pans or dishes. A small pound bag will hold a couple of quail, while the largest-sized bag on the market is ample for large joints, stews, etc.

It is claimed that if the bag in which the article is cooked becomes charred it makes no difference in the effect upon the food, and that in the case of a joint or a stew the bag retains the gravy. When potatoes or other vegetables are cooked the bag retains the water and preserves much of the flavor that is lost in ordinary boiling.

M. Soyer, the chef who originated the novel method of cooking, states that it adds greatly to the flavor of the food; it insures that the essential nutritive elements are not wasted; it does away with the unpleasant smell of cooking which attends the old system; it reduces the shrinkage caused by ordinary cooking; it effects a great saving of labor, as it dispenses with the need of so many utensils; it is more economical, because it requires less time, and therefore reduces gas bills. Not least, of course, it is preeminently clean.

It is not meant to intimate that the paper bag is to supersede all other methods of cooking, and it may be that the present interest will subside, but for the time being thousands of English housewives are experimenting with the new process. Should it secure a permanent place in the kitchen, the sale of saucepans and many other cooking utensils will be greatly curtailed. Some of the hardware trade journals, realizing this possibility, have given considerable space to paper bag cookery and its probable effect upon the hardware trade.

## Quick Chafing Dish Meals

While the chafing dish as a hobby has long since declined, the eminently practical little article has come completely into its own as a permanent aid in family meal getting and for informal or impromptu hospitality.

New uses are constantly being discovered for the blazer in many households and new value attached to it.

In homes, and they are many, where the idea of a heartier breakfast than coffee and rolls still obtains, sausage can be easily and quickly cooked in the chafar.

The tiny ones which accompany the buckwheat cakes due in season ere long may be nicely browned in the blazer with a little butter or drippings.

Or large Frankfurt sausages can be boiled about twenty minutes in water, drained, cut in pieces and heated in the chafing dish in an ordinary white sauce, seasoned with a little salt and pepper if preferred.

Or cut the same large ones in slices a fourth of an inch thick, cooking in the blazer until thoroughly heated and delicately browned on both sides. Serve on circular pieces of toast and pass with horse radish mustard.

When the fishlets are thoroughly heated the dish is ready.

### Rechauffed Cold Meat.

The chafar is also handy as a means of rechauffing cold meat. There are times when nothing but the cold product offers and when the system hangers for something hot. In such case whip some currant jelly rather soft with a fork and put three ounces thereof in a hot blazer. Add one tablespoonful of juice of lemon and two ounces of butter. When the butter melts, heat in the sauce it forms the thin slices of cold mutton or lamb. Season as preferred.

Or try this: Brown about two ounces of butter, add three of flour in which a fourth teaspoonful of salt and a little paprika have been mingled. When the butter has browned add thereto a cup of brown stock. Now add a third cup of currant jelly and put in the mutton. When meat is heated it is ready to serve, and just before serving, a tablespoonful of sherry is an improvement.

### Shrimp Wiggle.

A popular concoction for luncheon or Sunday night tea is shrimp wiggle. The first proceeding for the luscious wiggle is a sauce made of four table-

spoonfuls of butter melted, combined with three of the same measures of flour, half a teaspoonful of salt, one-eighth the same of pepper. On this pour gradually three-fourths pint of milk. When the sauce has thickened turn in a cup of shrimps broken into pieces, also a cup of peas, cold boiled or canned, the latter drained of their liquor and rinsed.

A somewhat similar dish is built up on a white sauce made of three tablespoonfuls each of butter and flour, as against the four tablespoonfuls of butter in the preceding. Season and add milk in the same quantity as above, and when thick turn in the broken shrimps and half a cup of canned mushrooms cut in fourths.

Or fry a small onion in three ounces of butter until colored delicately. Add three ounces flour and stir smooth. Pour on gradually a cup and a half of tomatoes stewed (they must be strained) and one can of shrimps washed, picked over and broken. Season and

### Lamb Kidneys in Sauce.

Lamb kidneys may be deliciously prepared in half a dozen ways on the chafing dish. Or rather, while the method of preparation is more or less the same in the beginning, they can be combined with sauces and relishes, which impart different and additional flavor. For one good method, soak and prepare in the usual way half a dozen kidneys, slice them and saute in butter, keeping them hot over water while you brown about half an ounce of minced onion in two ounces of butter. Rub in three ounces of flour and pour on slowly three-fourths of a pint of hot stock. Season, stir in the kidneys, add a tablespoonful of Madeira wine and serve on toast.

### Mushrooms and Bacon.

Mushrooms and bacon is a combination, too, which the possessor of a chafing dish should make a note of. Cook up as many strips of breakfast bacon as will be needed in the hot blazer, keeping them hot after cooking over hot water. Meanwhile the mushrooms are frying in the hot bacon fat. (The mushroom caps should be removed and peeled.) Season them when done with salt and paprika and a few drops of onion juice if liked. Arrange the bacon strips on pieces of toast, the mushrooms upon them, and sprinkle finely chopped parsley over each portion.

Fine Job Printing, Star Office.